



G>-

HOW TO HAVE A
**GOOD
DAISY**

Barney Matthews

Introduction

“Today is a whole new day and you can choose to have a good daisy.” – Me.

No one wants to have a bad day. Bad days are no fun at all. Well I have good news for you – you can have good days.

“People are about as happy as they make up their minds to be.” – Abraham Lincoln.

Every morning when you wake up, it's a whole new day, a fresh start. It doesn't matter what happened yesterday, you get to start again

today. You get another chance to have a good day (or a have a “good daisy” as I like to call it.)

This ebook is full of tips to help you to “have a Good Daisy.”

Barney Matthews

www.barney.me

TIP #1

**Choose to
have a
good day.**

Choose to have a good day.

This is probably the most important thing about having a good day. It's your choice. You can choose to have a good day. Make the choice when you wake up in the morning. Make a conscious decision that it is going to be a good day. We see what we look for, so if you have decided to have a good day, you will focus on the good, positive things that happen. And lo and behold you will end up having a good day.

TIP #2

**Get up a
little earlier.**

Get up a little earlier.

How your day starts off sets the tone for the rest of the day. Give yourself enough time to get ready in the morning. Allow yourself time to have a more relaxed start to the day. Get your clothes before bed. Pack your lunch the night before. Eat a good breakfast. If your start to the day is less rush and less stressful it will make it much easier to have a day.

TIP #3

**Read\listen to
something
positive.**

Read\listen to something positive.

Fill your mind with good, positive, happy input in the morning. Remember, how your day starts will set the tone for the rest of the day. (See #2.)

Read something spiritual, read a biography, subscribe to a positive, motivational blog – whatever it is, make sure it is positive. Avoid television news, it is mostly negative, instead get your news from a newspaper or the internet. I highly recommend listening to Earl Nightingales “Strangest Secret” (an internet search will find it for you.)

TIP #4

Exercise.

Exercise.

Get those endorphins flowing. It will make you feel good and then you will have a good day. Exercise is also a great stress reliever. Even a short workout will help. I like something like the “5BX” or “7 minute exercise.” They are both quick and easy and can be done anywhere and once you have done them you will be in a good mood. Pick exercise you enjoy.

TIP #5

**Go for a
walk outside.**

Go outside for a walk.

Walking outside is a twofer! You get sunlight and exercise! The sunlight has vitamin D. The exercise will release more endorphins. I recommend going for a walk at lunchtime or after dinner at night. If possible walk in nature, in a park or a forest. This will help you to continue having a good day.

TIP #6

**Do a good
deed for
someone else.**

Do a good deed for someone else.

Abraham Lincoln said "When I do good, I feel good." He was right. If you help someone else out it's a win-win. They appreciate the help and you get to feel great for doing so. If you feel good you will have a good daisy. If you can do your good deed secretly it will make you feel even better!

TIP #7

**Call/email/text
someone.**

Call/email/text someone.

Humans are social creatures, we feed off social interaction. Call or email or text someone.

Your Mum or Dad, or your Grandparents.

Reach out to someone you haven't spoken to for a while. It always feels good to catch up and it will help you have a good day.

TIP #8

**Cross a task
off your
todo list.**

Cross a task off your todo list.

Find a lingering item on your todo list and get it done. Make it something that has been bothering you that you haven't done yet. Take the time to just get it done now. It probably won't take as long, or be as bad, as you are thinking. The sense of accomplishment will make you feel good. It will be worth the effort!

TIP #9

**Start a new
habit.**

Start a new habit.

Getting started with a new, positive, habit will make you excited. Pick a habit that will help towards a larger goal. If you want to run a marathon, start running 20 minutes every other day and build it up. If you want to get a certification, start reading a chapter of a book a day. If you are making progress towards something you are excited about you will have a good daisy. Read more about creating habits here: **www.barney.me/sticky-habits**

TIP #10

**Talk to
yourself.**

Talk to yourself.

Guess who's voice you hear the most – your own. The more your mind hears something the more it believes it. Start talking nicely to yourself, tell yourself you are great at doing something. And keep telling yourself it until you believe it. (It will take time to change but it will be worth it.) I like to repeat my affirmations every time I wash my hands.

TIP #11

Be grateful.

Be grateful.

“If you count your assets, you will always show a profit.” This is one is huge. Make a deliberate effort to think of at least one thing you are grateful for every single day. Write it in your diary, share it at the dinner table, email it to yourself, post it on a social network – it doesn’t matter how you express gratitude, just as long as you do.

TIP #12

**Listen to your
favorite song.**

Listen to your favorite song.

Music has been proven to help reduce pain, lower blood pressure, boost immunity, enhance intelligence, aid memory and concentration. It is also a power trigger for memories. Play your favorite song, one that brings back good, happy memories. Turn it up loud! (Use headphones if needs be.)

TIP #13

**Compliment
someone
unexpectedly.**

Compliment someone unexpectedly.

Complimenting someone will make them feel good. Knowing you have made their day will help you have a good day. If it is someone you don't know well it may forge a new friendship. Remember from #7 humans are social creatures.

TIP #14

**Make
someone's
day.**

Make someone's day.

This is an idea from the brilliant book "FISH" (which I highly recommend reading). Give someone a small, unexpected, treat or surprise. It could be anything from leaving their favorite snack at their desk, having flowers delivered to publishing their birthday in the local newspaper. When you do good, you feel good. When you feel good you have a good daisy!

TIP #15

**Encourage
someone.**

Encourage someone.

If someone tells you they are thinking about doing something good, encourage them to take the first step. Tell them you think it's a great idea. Tell them you think they can totally do it. Tell them you would be willing to help out. You will notice several of the tips involve doing things for someone else. That's because of reciprocity – everything we do comes back to us, we reap what we sow. If you help someone else have a good day then you will have a good day.

TIP #16

**Post your
favorite quote.**

Post your favorite quote.

Write your favorite quote on a piece of paper and stick it up somewhere you will see it often. Some of my favorites are “Whether you think you can, or whether you think you cannot, you are right” – Henry Ford. “Impossible is only an opinion” – Paulo Coelho. “Limits, like fears, are often just an illusion” – Michael Jordan.

TIP #17

**Think positive
thoughts
before you go
to sleep.**

Think positive thoughts before you go to sleep.

Your sub-conscious mind processes thoughts all night long. If you plant positive thoughts in your mind before you go to sleep you will wake up in an optimistic frame of mind. Think about what you are grateful for, or what you did particularly well that day. It will put you in a good mood for when you wake up.

TIP #18

Smile.

Smile.

Have you ever heard the advice that says if you smile on the phone the person on the other end can tell? Well, you can tell too. Smile for no reason. Recall a happy memory and smile. Remember a funny situation. Post a note somewhere reminding yourself to smile if you have to. Make a choice to just smile and you will have a good day.

TIP #19

**Spend time
with positive
people.**

Spend time with positive people.

Jim Rohn said “We are the average of the five people we spend the most time with.” Think about the people you spend most of your time with. Are they positive, are they encouraging, are they supportive? If not, start to distance yourself from them if you can. Make a conscious effort to spend time with positive people, people who make you feel good about yourself.

TIP #20

**Pamper
yourself.**

Pamper yourself.

Treat yourself to a nice bubble bath. Put that nice body cream on. Go get a massage.

Pampering yourself has been shown to reduce stress. If you are less stressed you will have a good day!

Conclusion

If you only get one takeaway from “How to have a Good Daisy”, let it be this:

Everyday is a whole new day, a fresh start, and you can choose to have a good daisy.

I sincerely hope that as a result of reading “How to have a Good Daisy” you have more good daisys!

Barney Matthews

About the author:

Barney Matthews is a writer, speaker and cookie lover. Using ebooks, talks and web posts he likes to inspire people with positivity.

Originally from England he now lives in Vermont, USA with his family. Find him on the web at:

www.barney.me and
twitter.com/barneymatthews.

© 2014 *Barney Matthews*